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## LOCAL BUSINESSES IN SANTA ROSA COUNTY ARE GOING TOBACCO FREE

*-Policies focus on the many benefits of being tobacco free in the workplace and the dangers of secondhand smoke-*



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**Milton, FL** – Tobacco free business, a growing trend throughout the state and country, is making its way to Santa Rosa County. To date, 24 local businesses in Santa Rosa County have implemented tobacco free policies, including:

- AppRiver
- CVS Stores
- City of Milton
- Santa Rosa County School District
- Family Dollar Stores
- Lowe's Stores
- Santa Rosa County Sheriff's Office
- Santa Rosa County Jail
- Blackwater River Correctional Facility
- University of West Florida
- GEO Corrections and Detention
- Santa Rosa County Offices
- Shane's Rib Shack
- Pruitt Health-Santa Rosa
- Santa Rosa Kids' House
- Majors Home Improvement
- Camp Fire Gulf Wind
- Healthy Start Coalition-Santa Rosa
- Santa Rosa Medical Center
- Jay Medical Center
- Milton Storage
- Feeding the Gulf Coast
- Edward Jones Investment
- City of Gulf Breeze

"These organizations have created safer and healthier working environments by going tobacco free," said Vince Nguyen, Health Educator Consultant with the Florida Department of Health in Santa Rosa County.

According to the Centers for Disease Control and Prevention (CDC), smoking is the leading cause of preventable death in the United States. Smokers, on average, die about 10 years earlier than non-smokers. Smoking causes cancer, heart disease, stroke, lung disease,

diabetes and chronic obstructive pulmonary disease (COPD). It also increases the risk of complications during pregnancy, including pre-term delivery, low birth weight, and sudden infant death syndrome (SIDS). Exposure to secondhand smoke causes problems as well. In addition to an increased risk of heart attack, adults exposed to secondhand smoke are at risk for lung cancer and stroke and children may experience ear infections and respiratory problems. <sup>1</sup>

Smoking costs Florida about \$19.6 billion a year due to lost productivity, premature death, and healthcare expenses. Tobacco free policies can save employers an average of \$6,000 a year per employee and reduce employee absenteeism. <sup>2</sup>

Smokers who quit greatly reduce their risk for adverse health effects. Quitting can be hard but help is available through Tobacco Free Florida's Quit Your Way programs:

- **Phone Quit** – By calling 1-877-U-CAN-NOW (1-877-822-6669), smokers can talk to a “Quit Coach” who will help them assess their addiction and create a personalized quit plan. The plan includes access to their Quit Coach 24 hours-a-day, seven days-a-week.
- **Group Quit** – By calling 1-877-848-6696, smokers can locate a support group, led by a trained specialist, with meetings that are held at convenient times and locations in their area.
- **Web Quit** – For the Do-It-Yourselfer, there are on-line resources that allow smokers to create their own personalized, web-based plan for becoming tobacco free. Smokers can track their progress and have access to blogs where they can share their personal stories.
- **More Quit Tools** – But wait, there are more ways to quit! Receive a 2-week starter kit of free nicotine patches, if medically appropriate and 18 years of age or older, texting support, a quit guide, or helpful emails. Choose what you need or use them in addition to our Phone, Group, and Web services.

These options also include cessation aides such as nicotine patches or gum.

To learn how your business can go smokefree, contact Vince Nguyen, Health Educator Consultant with DOH-Santa Rosa, at 850-564-2253. To learn more about how smoking impacts businesses, visit: <http://tobaccofreeflorida.com/quityourway>.

### **About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit [www.FloridaHealth.gov](http://www.FloridaHealth.gov).

### **About Tobacco Free Florida**

The department's Tobacco Free Florida campaign is a statewide cessation and prevention campaign funded by Florida's tobacco settlement fund. Since the program began in 2007, more than 212,000 Floridians have successfully quit, using one of Tobacco Free Florida's free tools and services. There are now approximately 451,000

fewer adult smokers in Florida than there were 10 years ago, and the state has saved \$17.7 billion in health care costs. To learn more about Tobacco Free Florida's Quit Your Way services, visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com) or follow the campaign on Facebook at [www.facebook.com/TobaccoFreeFlorida](https://www.facebook.com/TobaccoFreeFlorida) or on Twitter at [www.twitter.com/tobaccofreefla](https://www.twitter.com/tobaccofreefla).

<sup>1</sup> U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

<sup>2</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006